



The Examiner

Naval Hospital Twentynine Palms

"Serving with Pride and Professionalism"

Volume 7, No. 2

An Award Winning Publication

February 1999

People of Quarter, Year Honored at Ceremony

In a recent ceremony held on the hospital's Quarterdeck several people were honored. Six of those people were honored as people of the quarter and three were honored as people of the year... they are:

Lieutenant Christopher Kelly, Laboratory Officer, was selected as Officer of the Year. His citation reads in part, "As Laboratory Officer, you upgraded the special chemistry and microbiology sections with state of the art analyzers, expanding the services offered to patients and medical staff. This increased test accuracy and decreased test turn-around time. You served as a volunteer on the Board of Directors for the Community Blood Bank which is responsible for supplying Naval Hospital Twentynine Palms and the entire Morongo Valley with safe blood products. As the coordinator for the Combat Center Bone Marrow Program, you were instrumental in significantly increasing annual enrollment of new potential donors from 600

to 840. You helped promote awareness of African-American culture and accomplishments within the command as a member of the Black History committee. Your desire

to achieve new heights for yourself have recently included completion of your Master's degree in Management and serving as chair

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Y2K Database Leads Way in Contingency Plan Development

By Dan Barber, Public Affairs Officer
Naval Hospital Twentynine Palms

Naval Hospital Twentynine Palms is once again leading the way for other military medical facilities in the Department of Defense (DoD)... this time in the area of simplifying the development of a "Y2K" Contingency Plan with a locally designed data base.

The action officer selected at the hospital to compile the local plan was an easy choice for the hospital's leadership. Commander William Mock, NC, USN, Head, Management Information Department, was assigned to this task. He has had extensive experience in developing other useful databases for the command, the Navy and other DoD military treatment facilities. Just recently CDR Mock was a coauthor with Captain Ken Koskella, MC, USN, in writing a data base titled "Surgical Assistant." This database aids in scheduling patients for surgery in one visit rather than needing to make several visits to a facility. "Surgical Assistant" has proven to be very useful and has been distributed to many medical facilities in DoD.

According to CDR Mock, Navy Medicine is concerned with Y2K compliance in three primary areas: Facilities based issues; Biomedical equipment; and Information Management (IM) or Information Technology (IT). In late November, CDR Mock received guidance from the Navy in how to write a Y2K Contingency Plan... he then went to work to meet the end of December deadline. He developed a database that standardized the Contingency Plans (CP's) and Continuity Of Operations Plans (COOP's). "As the Command Y2K Action Officer, I realized that I couldn't write contingency plans for everything that was out there that could potentially fail," CDR Mock said. "Even if we have been informed that a piece of equipment is Y2K compliant we still should have a plan in place in the event that the equipment failed anyway," he added. "I am not the subject matter expert on the use of the hospital's systems or equipment. I realized that I needed help from the subject matter experts that use these systems and equipment, so I wrote a database and

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CG says Communicate Clearly

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From the Desk of the Commanding General...

Communicate Clearly For the Future

For more than two centuries, our Marine Corps has served as the world's premier "force-in-readiness." Each November Marines around the world take time to honor the founding of our Corps and its long, proud and illustrious history. The legacy of former Marines has produced a solid foundation upon which today's Marines and tomorrow's Marines can march forward.

The world has changed dramatically in just the last 10 years. America's national security policy has also changed, and as a result, the priorities of the Marine Corps and the Navy have shifted, along with the future direction of our forces.

But what if we can't communicate these changes and our military's future effectively? Not only would this impair mission accomplishment, it would also leave the American public in the dark regarding our relevance. Yet, as I peruse the documents that come across my desk, I believe we are curtailing our ability to do just that by the overuse of acronyms.

Over the years, I have witnessed and participated in the rumblings of discontent concerning the misuse of acronyms. As your Commanding General, I have sat in on briefs prepared for me, and others delivered to a civilian audience, where the impact of the message was lost on almost everyone in the room because no one knew what the acronyms stood for.

Even today I maintain a list of acronyms in my day planner to remind me what the term may mean. I say may mean because acronyms change and can mean one thing to one organization, and something com-

pletely different to another.

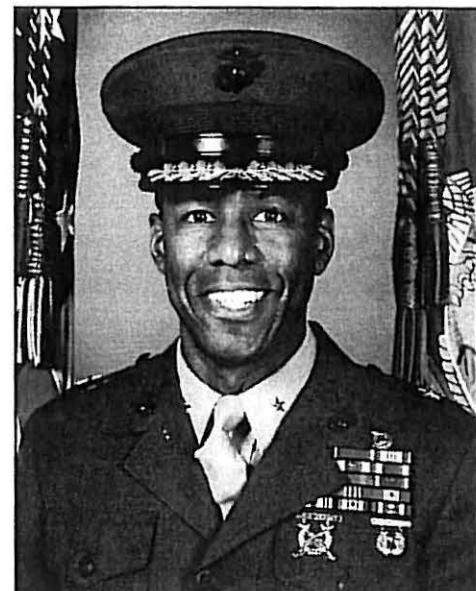
Many acronyms used aboard the Combat Center are familiar and understood by the vast majority of people: MCAGCC, 1stMARDIV, and USMC; but others, such as TERA (temporary early retirement authority), JAST (joint advance strike technology), and FYDP (future year deficit plan) can leave you scratching your head if you don't have a program.

While the use of acronyms may be convenient and well suited to the perceived needs of a society that feels it has to do more with less, I can't help but feel that sometimes it's just plain rude. Who are we trying to impress by condensing titles and phrases into a series of often indecipherable letters?

We need to ask ourselves a basic question whenever we speak to others: Do I want you to understand what I'm trying to say, or do I want you to be impressed with the way I am saying it?

Whenever you open a military or technical manual, or even a daily newspaper, you are immediately bombarded by many apparently meaningless letters which most knowledgeable readers cannot decipher without the aid of a dictionary. It's been my experience that the subjects they cover, and the meanings they try to convey aren't that difficult, it just becomes that way because of the misuse of acronyms.

To succeed in the military today, and in your social and family life as well, you need all the skills you can master when it comes to communication. This also includes non-verbal expressions such as smiles, gestures, and body language which are often subcon-



BGEN C.L. Stanley, USMC

sciously used in communicating ideas and feelings. Let's be sensitive to others and restrict the use of acronyms whenever possible. Remember, less isn't always more.

Semper Fidelis.

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Commanding Officer

CAPT J.M. HUBER, NC, USN

Executive Officer

CAPT D. H. FREER, MC, USN

Public Affairs Officer/Editor

DAN BARBER

Staff Writers

HM3 DONNA TENNEY, USN

The **EXAMINER** welcomes your comments and suggestions concerning the newsletter. Deadline for submission of articles is the 15th of each month for the following month's issue. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk. The Public Affairs E-Mail address is: d.barber@tnp10.med.navy.mil. The Public Affairs Office telephone number is: DSN 957-2362, Comm (760) 830-2362, Fax: (760) 830-2385.

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The **EXAMINER** editor would like to thank all those who participated in this edition.

Mis-Information Permeates on the Internet

By Dan Barber, Public Affairs Officer
Naval Hospital Twentynine Palms

With the advent of the Internet came the various information highways... and on those highways are some "highway robbers" attempting to divert internet travelers from their cash... or in the case of the internet... "Cyber money," provided by plastic.

Sometimes an Internet traveler can get

sidetracked down a dirt road towards a dead end for a bit of mis-information. This was the case in a recent e-mail, which was distributed on the Marine Corps Air Ground Combat Center regarding the use of Aspartame... better known as NutraSweet or Equal.

According to the article from this e-mail, Aspartame was alleged to possibly cause multiple sclerosis, systemic lupus, spasms,

Please see INTERNET on page 7

From the Desk of the CO...

More Success Stories

You, the staff of the Naval Hospital, continue to boggle the mind with your endless list of accomplishments and successes. I am genuinely impressed with the outcomes when someone sets a goal for himself or herself, focuses their energy, and diligently sets about meeting their goal. Here are just some examples of what you have accomplished:

■ HM3 Amity Love in the pharmacy has completed all of the requirements to gain national certification as a pharmacy technician – without benefit of pharmacy "C" school!

■ LCDR Hightower in radiology trained and prepared to run in a marathon. He ran in his first marathon in January...and finished! I'm sure it crossed his mind to quit at times, but he stuck with it. He has been training with LCDR Coleman (a veteran marathoner) who I know won't let him stop at just one. Look for the two of them out running in the hills.

■ LTs Boamah, Sperring, and Yates from the Pediatrics Department just received word that all three of them passed their specialty board exams on the first try. Now 100% of the physicians in that department are board-certified pediatricians!

■ LCDR Welkers from Radiology was selected as the only Radiologist in the Navy for a Neuroradiology Fellowship.

■ HM2 Tamara Marks, a Preventive Medicine Technician from the Occupational Health Department, is the subject of a two page article in the January 25th issue of *Navy Times* about keeping sailors in the Navy. She is a wonderful representative of Navy Medicine.

■ HM3 Charles Hickey from the lab received an award from MCAGCC for his outstanding sportsmanship during the football season. It is really significant that in such a large program full of Marines, they selected a Navy Corpsman as their model of sportsmanship.

■ HA Carla Aravelo in the lab received a Navy Achievement Medal for work she did as staff at the Lab Technician "C" School in Bethesda. It is a huge accomplishment for an HA to earn such a prestigious award!

■ LT Scott Moses of the Family Practice Department was the subject of an article in a national medical journal for the outstanding homepage he developed for clinicians. The homepage is used by clinicians all over the country as a resource for checking on clinical treatments and protocols.

■ CAPT Doug Freer, our XO, was selected by the Army to run a triservice worldwide medical war game later this year. When they approached the Navy about borrowing CAPT Freer, the Army admitted that



Captain Joan M. Huber, NC, USN

no one in all of DOD was as qualified as CAPT Freer.

...And that is just the beginning! The sailors, officers, civilians, and volunteers of the quarter and of the year, all the folks who volunteered for the Freedom Fest, the crewmembers who volunteered to run the Shriners Screening Clinic in Palm Springs, the Petty Officers who coordinated Pioneer Days in Twentynine Palms, our brand new Petty Officers...the list just goes on and on!! Pretty impressive, isn't it? Yes, I think when you look around you see that you are a member of a pretty talented team. Keep up the good work!

Letters...

A Great Job

Dear Captain Huber,

I would like to pass onto you what a great job the emergency room staff is doing. At the end of October, I had severe back and leg pain. The staff responded quickly and courteously, even in the dead of the night. They relieved the pain and setup follow-on treatment each time. I ended up having a microdiscectomy/laminectomy at the Naval Medical Center, San Diego in early November. I especially would like to thank LT Anderson who arranged for the MRI and consult with Neurology.

In the fifteen years I have been in the Marine and have dealt with Navy medicine, your emergency room staff is the

most professional and courteous I have met.

*M.J. Kibler
Major, U.S. Marine Corps*

Gratitude Expressed

Dear Captain Huber,

I want to take a few moments to express my gratitude to you and your staff.

All of your staff that I have come in contact with have been professional and helpful. Dr. Patel is my new doctor. He is very kind and interested in what is happening to me. I am so pleased to have him take care of me.

At the Pharmacy, Commander Mann is exceptionally nice. Being a senior citizen and a widow, it makes me feel very good to be treated with respect and made to feel they truly care.

I feel it a privilege to still be seen at your Navy Hospital. Thank you Captain Huber and to all in your command.

*Sincerely,
Katherine M. Barber*

TRICARE Prime members and other CHAMPUS Families: If you have moved recently, please update your address with TRICARE Prime. Call Foundation Health at 1-800-242-6788

Chaplain's Corner...

Who is To Judge?

By Lieutenant Daniel Dudley, CHC, USNR
Naval Hospital Chaplain

So when they continued asking Him, He raised up and said to them, 'He who is without sin among you, let him throw a stone at her first.' (John 8:7)

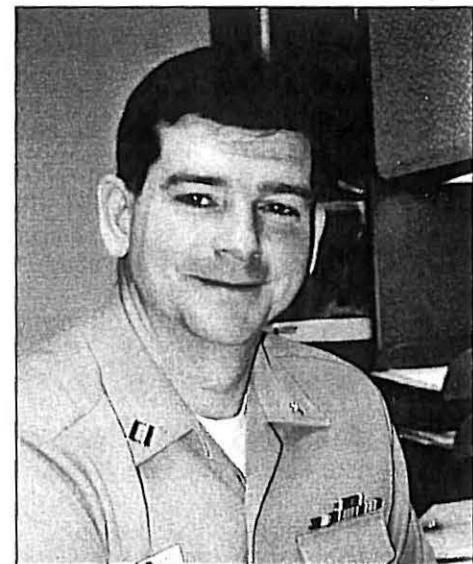
A couple of months ago an incident happened in our home that once again proved that some of lives best lessons are taught through the observation of our own human behavior. In this particular situation it was my children who dramatically acted out a scene for my personal visual instruction. God has blessed me with three wonderful resources for sermon illustrations.

The scene took place in our living room. The main characters were my nine-year-old daughter Danielle and my two-year-old son Brady. Brady was busy playing with his toys in the middle of the front room while Danielle was sitting in a chair watching the television. Brady got up to leave the room, which provoked a sudden response from his sister. Danielle catapulted out of her chair instantly

assuming her best disciplinary posture, left hand on her hip with the right hand fully extended and her finger fixed on her target, she firmly stated "Brady Phillip, you pick up your toys if you are through playing with them".

I was on the couch observing this production and doing all I could not to burst out laughing. I began to scan the room and noticed that Danielle had failed to clear her own belongings from the living room before she passed judgment on her little brother. My wife reminded Danielle that mommy and daddy would take care of the discipline in the house and while she was standing she could remove her articles from the living room and put them away.

As this scene unfolded a scripture came to my mind "Judge not, and you shall not be judged" (Luke 6:37). In verse 42 the scripture goes on to say "or how can you say to your brother, 'Brother, let me remove the speck that is in your eye, when you yourself do not see the plank that is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck that is in your brother's eye.



Lieutenant Daniel Dudley

We are all God's children and therefore that makes us universal siblings. Some of our siblings are more spiritually mature than others and at times are positive role models for us to emulate. But my brother and sister only God can judge and discipline our souls. None of us have all the facts or the clean heart to stand in judgement of each other. We are better off leaving the judgement to God.

So the next time you feel the urge to stand and point a finger in judgment, stop and look around and see what baggage you have lying around on the floor.

Hail and Farewell...

Welcome Aboard

LCDR B. Morse	HM2 A. Bouges
LCDR G. Sweet	MS1 R. Corpuz
LT K. Arlinghaus	MS3 M. Maahs
HM2 S. Chang	SK2 A. Strong
MS2 J. Holtry	MS3 E. Lilagan
HM2 T. Washington	MS3 J. Reed
MSSN N. McCloe	SKCS E. Salvador
HN W. Helmick	HM3 R. Saunders
HN A. Dawson	FC2 A. Star
HN T. Elliott	HR M. Manio
HM3 J. Pineda	HN C. Yoosefi

HM3 E. Sasz	MS3 A. White
HM2 M. Salazar	HM2 T. Swank
MS3 M. Hilgeman	FC2 T. Price
HM2 K. Hendricks	HM3 K. Taylor
HM2 C. Siddall	HM3 J. Beaver
HM3 A. Reyes	HM3 J. Glasgow

New Family Member

Murray Baby Girl

Captain Michael and Terri Murray are proud to announce the birth of their daughter Claire Ann Murray who was born at Naval Hospital Twentynine Palms at 1:42 p.m., December 12, 1998. Claire weighed 7 pounds 7 ounces and measured 19.1 inches in length.

Congratulations.

Farewell

LTJG Whitley	LCDR B. Armstrong
LTJG A. Varani	HM3 A. Ellis

Honorary Desert Rats...



LTJG A. Varani



HM2 M. Salazar

Here's To Your Health...

February is American Heart Month

Preventing Heart Disease through Diet, Exercise, Risk Reduction

Coronary Artery Disease, commonly known as heart disease, is the result of progressive narrowing of the arteries that provide oxygen-rich blood to the heart. This narrowing occurs when waxy deposits called plaque form on the walls of the coronary arteries.

When too much plaque builds up, it can close off a portion of or completely obstruct an artery. If an artery becomes totally blocked, a heart attack can occur.

Fortunately, by reducing your intake of cholesterol and saturated fats, exercising regularly and eliminating risk factors such as smoking you can significantly reduce your chances of developing heart disease.

Watch Out For cholesterol and saturated Fat

Cholesterol and fat are the main components of plaque, therefore it's important to reduce your intake of foods containing these substances. Cholesterol is found in animal products. Eating more fruits and vegetables and complex carbohydrates such as grains, in addition to eating chicken and fish instead of red meat will help you keep your cholesterol levels in the healthy range.

Saturated fats are those fats that remain solid at room temperature. This type of fat is primarily found in meat and dairy products. Stay away from fatty cuts of meat, whole milk dairy products, butter, and palm and coconut oils. Trim all visible fat from meats before cooking, choose low-fat dairy products and limit total fat intake to no more than 30 percent of your daily calories and limit saturated fat to no more than 10 percent of your total fat calories.

Exercise Regularly

Twenty to thirty minutes of aerobic exercise three times a week strengthens and conditions the heart muscle and also helps reduce your risk of heart disease by controlling your weight and blood pressure. Be sure to check with your doctor before beginning any exercise program.

Examine Your Risk Factors

While some risk factors for heart disease such as heredity can't be altered, it's impor-

tant to change those that can. Controlling your blood pressure, weight and stress level and quitting smoking are critical to reducing your chance of developing heart disease.

Risk Factors for Heart Disease

- High blood pressure
- Tobacco use
- A diet high in cholesterol and fat
- Obesity
- Stress
- Lack of cardiovascular (aerobic) exercise
- Family history of heart or blood vessel disease
- Diabetes

Ten Ways To Reduce Fats and Cholesterol

- Substitute skim or low-fat milk for whole milk.
- Use one egg yolk and two whites for

- every two eggs required in a recipe.
- Trim all visible fat from meat before cooking. Remove skin from poultry.
- Bake, roast, or broil meat, poultry, or fish. Don't fry.
- Chill soup made from meat or poultry, then skim off the fat before reheating and serving.
- Poach foods like fish or eggs instead of sautéing them in butter.
- To cut down on the need for oil in cooking, use a vegetable cooking spray and/or pans with a nonstick surface.
- Substitute liquid vegetable oil for solid shortening, and replace butter with margarine.
- Use olive oil or canola oil. Some research shows they may protect against heart disease.
- Bake, steam, or stir-fry vegetables. Don't deep-fry vegetables or sauté them in lots of butter.

Source: *American Institute for Preventive Medicine*.

More Desert Rats...



HM2 R. Romero



HM3 K. Taylor



LT J. Milburn



Mr. Kenneth Smith



LT J. McDade

PEOPLE...

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of the annual Navy-Marine Corps Relief Drive."



Ms. Susan Green, Management Information Department, has been named as Senior Civilian of the Year. Her citation reads in part, "While assigned as software facilitator, Management Information Department,

you have demonstrated exceptional professionalism and exemplary devotion to duty. Your enthusiasm and genuine concern in providing the highest quality of instruction and training to personnel on the Composite Health Care System, the Ambulatory Data System, and commercial software, was most impressive. The staff of this command has come to heavily rely on your significant skills and abilities, as well as your eagerness to assist your shipmates in improving their knowledge and performance. It is a major contributing factor in improved services for all patient care areas."



Ms. Jill Pigo, Colposcopy Clinic, has been named Civilian of the Year. Her citation reads in part, "As nurse for the department's colposcopy clinic, you are recognized as an outstanding clinician, manager, and educator. You are a "Model Civilian Employee" who is totally dedicated to the goals of this organization. You efficiently utilize your networking skills and communication abilities to build outstanding rapport with departments inside and outside of the command. You have ensured timely follow-up for colposcopy patients with outstanding documentation in their records. Your professionalism, versatility, and willingness to assist and improve the department are noted in the continuous expansion of services to aid our patients in health care delivery."

Hospital Corpsman Second Class Scott M. Lafountaine, Branch Medical Clinic, Naval Air Weapons Station, China Lake, California, has been selected as the Senior Sailor of the Quarter for the period October 1 to December 31, 1998. His citation reads in part, "While serving as Vehicle Coordina-

tor, Branch Medical Clinic, China Lake, you demonstrated outstanding dedication to duty, superior organizational ability, and a talent for handling a myriad of administrative responsibilities. Your management and rotation of government vehicles provided 100 percent availability of vehicle support and zero down time. Working closely with the furniture contractors, you ensured that replacement items met clinic needs and appropriate space and safety limitations. Additionally, your assistance in the conversion of the Central Sterilization Room into a Physical Therapy treatment room saved many command funds previously spent on consultations to local providers by expanding the services available."

Mr. Walter Ray Davis has been selected as Senior Civilian of the Quarter for the period October 1 to December 31, 1998. His citation reads in part, "While assigned as Assistant Head, Management Information Department, you have demonstrated exceptional professionalism and exemplary devotion to duty. You have had a dramatic impact on the command's ability to provide outstanding patient care through the use of "state-of-the-art" technology. Your forward-looking skills as Head, Automated Information Systems Working Group were instrumental in procuring over 200 new desktop computer systems and associated hardware/software for the recent command-wide deployment of Windows NT and Office 97. Your efforts allowed Naval Hospital Twentynine Palms to be one of the first commands to fully adopt the Core Operating Environment mandated by higher authority."

Hospital Corpsman Third Class Toney

Please see PEOPLE on next page



PEOPLE...

Continued from previous page

Crabtree, Psychiatric Clinic, has been selected as Junior Sailor of the Quarter for the period October 1 through December 31, 1998. His citation reads in part, "As Assistant Leading Petty Officer and Programs Facilitator within the Psychiatric Clinic, you consistently ensure all aspects of the department are met while setting new standards for others to emulate. As a lecturer, you frequently and routinely provide up-to-date information on non-crisis intervention, suicide awareness/prevention, and smoking cessation training to staff, base personnel and family members. Exemplifying pride and "esprit de corps" as a member of the Command Color Guard, you garnered both verbal and written recognition for both yourself and the command."

Ms. Jean Hanam, Clerk/Typist to the Laboratory Department, has been selected as Civilian of the Quarter for the period October 1 through December 31, 1998. Her



citation reads in part, "While assigned as Clerk/Typist to the Laboratory Department, you willingly shouldered the task as coordinator for the Reference Laboratory contract totaling over \$161,000 per year. Your diligent review of all invoices from the contract laboratory for proper billing saved the laboratory approximately \$1,000 per month in billing errors. Your impressive management skills have allowed you to expertly monitor the \$600,000 laboratory budget, freeing up valuable time for the administrative staff to perform other duties. You also assisted the laboratory in achieving an "outstanding" rating during the recent College of American Pathologists inspection by facilitating the

transformation of numerous operation procedures into the new standardized format by the National Committee for Clinical Laboratory Standards."

Lieutenant Junior Grade George Knapp, Maternal Infant Nursing Department, has been selected as Officer of the Quarter for the period October 1 through December 31, 1998. His citation reads in part, "Assigned as a Staff Nurse in the Maternal Infant Nursing



Department, you provided superb clinical oversight for all aspects of newborn and maternal patient care. You are an outstanding example of nursing excellence. Considered the expert in care of neonates, you have demonstrated your professional commitment and desire to excel by passing the certification exam in Neonatal Care Nursing. Your work as Treasurer of the Officer's Wardroom contributes significantly to the morale of the entire command."

Mrs. Elizabeth Butler has been selected as the Red Cross Volunteer of the Quarter. Her



citation reads in part, "As a friendly, resourceful, and enthusiastic Red Cross volunteer, you cheerfully met the challenges of the day-to-day workload of Military Sick Call. Your contributions have included registering newly reported patients into CHCS, preparing labels for each medical record registered, and providing clinic information to customers. Your registration of patients allows medically trained staff to be utilized for direct patient care services. Your teamwork approach to your volunteer duties immeasurably contributed to Military Sickcall's ability to provide quality care to over 1,200 patients each month."

INTERNET...

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shooting pains, numbness in limbs, cramps, vertigo or dizziness, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, blindness, convulsions, memory loss or even death. This is the claim of Dr. Russell Blaylock, author of a book on the subject, and an alleged believer in conspiracies between the government and major pharmaceutical and chemical companies.

According to Captain Eileen Horner, MC, USN, Director of Medical Services at Naval Hospital Twentynine Palms, NutraSweet or Equal is harmless to most people. "The Food and Drug Administration did extensive testing on Aspartame and approved it. Everyone has a choice to either use it or not...If you think you have an adverse reaction to Aspartame, don't use it," CAPT Horner said. "There have been studies conducted on pilots, who thought their flying ability was effected by Aspartame. A double-blind study found that Aspartame had no effect on a pilot's ability to fly. The only people who may be effected by Aspartame are those with Phenylketonuria (PKU), which is a metabolic disease that people are born with. This disease causes problems with some people in processing certain foods they eat. Every baby born in the United States is tested for this disease, so if you have it, you would know it and could take steps to avoid eating the wrong foods, Dr. Horner said.

"In my opinion, the claim of Dr. Blaylock is bogus and is meant only as a scare tactic so he can sell his book on the subject," said Dr. Horner.

Hard Chargers...



CDR Karen Markert, left, shares her promotion honors with her parents and children.

HM2 Ken Hendricks, right, of the hospital's Laboratory Department takes the oath of reenlistment.



New Second Class Petty Officers.



New First Class Petty Officers.



New Third Class Petty Officers.

COMMANDING OFFICER
NAVAL HOSPITAL PUBLIC AFFAIRS OFFICE
MARINE CORPS AIR GROUND COMBAT CENTER
BOX 788250
TWENTYNINE PALMS CA 92278-8250

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